

The best preparation for good work tomorrow is  
to do good work today. —Elbert Hubbard



# Keep on Movin'



## What's New

Luann Elliott—Child Nutrition Director

We enjoyed seeing many of you at Winter Conference! For those of you who could not attend, you missed a lot of new information about the changes in regulations. The content of the presentations given at Winter Conference are available on our web page.

For those of you who have not visited the web page recently, the address has changed slightly and the web page looks entirely different. We've updated it to make things easier to find. The new address is <http://www.schools.utah.gov/cnp/>. The presentations from winter conference are located on the National School Lunch Program page (scroll down to "Files and Links" and click on the link to presentations). You can also link to CNP Web by clicking on the tab for CNP Web on the left side of the screen.

We also celebrated the first HealthierUS School Challenge bronze schools in Park City on March 22, where all the district's elementary schools qualified, and the first bronze-level charter school on March 23 at Freedom Academy. Congratulations to Kathleen Britton and April Dean for their work to complete the process, and for being the first schools in Utah to qualify for the award. Park City elementary schools have submitted silver-level applications, and we are awaiting regional office approval. We may soon have our first silver HUSSC schools! We appreciate all those who are working toward HUSSC—keep up the good work!

## Stay Tuned

Charlene Allert—Child Nutrition Assistant Director

During Winter Conference, we went over many of the requirements related to the Healthy, Hunger-Free Kids Act that was passed in late December. If you could not attend, please click on the link provided above and be sure to review the new requirements.

The Act provides for only one menu-planning system, and it is food-based (not nutrient standard). For those of you who would like a review of the food-based menu planning system, we have a presentation on CNP-U that details the requirements of the old food-based system. We will be updating CNP-U's classes as we receive more information about the new requirements.

We're getting updates regarding how the new requirements are to be implemented, and you've no doubt been feeling a little inundated with bulletins. Remember, schools are responsible for reading and following all the bulletins issued. It is the method we use to convey updates in program requirements to local educational agencies. All the bulletins are also available on our web page on the National School Lunch Program page under "Files and Links."

If you have questions about the new requirements, contact your specialist.

## School Breakfast—What the Research Says

Jyl Bosone—Specialist

*A number of studies report that breakfast at school is a simple intervention for helping children improve their health, academic performance, behavior and more!*

### Breakfast and Learning

- Breakfast helps children pay attention and problem solve, and improves memory.
- Schools that provide breakfast in the classroom to all students have shown decreases in tardiness and suspensions as well as improved student behavior and attentiveness.
- Children who eat breakfast at school perform better on standardized tests
- Consuming breakfast improves children's reaction to frustration.

### Other Health Benefits

- Students who eat breakfast get more dietary fiber and foliate.
- School breakfast provides one-fourth of the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day.
- Children who eat breakfast on a regular basis are less likely to be overweight.

**The research says it all—school breakfast helps children reach their full potential. So let's move together—expand your breakfast program or start a new one!**

Considering online free and reduced-price applications for the upcoming school year? The local education agency (LEA) may make the application and supporting materials available electronically via the Internet.

An instruction sheet and free and reduced-price application form is updated and sent to school food service directors each year from the state office. LEAs should send out the letter no earlier than four calendar weeks prior to the time students start school.

The Eligibility Manual for School Meals specifies the information to be included in the letter. Households must be informed how to access the online application. The information sent to households must also explain how to obtain and submit a paper application as another option. In addition, the LEA may accept applications electronically and may provide for electronic signatures for such submissions.

All disclosure restrictions must be met, and acceptance of the

application and electronic signatures must be in accordance with guidance issued by FNS (Eligibility Manual for School Meals, USDA FNS, p. 10).

Although USDA FNS encourage the use of computer programs and technology, the LEA is responsible for assuring that the distribution and collection of free and reduced-price applications meets regulation requirements.

Questions to consider regarding online applications (adapted from Appendix E, Eligibility Manual for School Meals, p. 95):

1. Is the online document legally binding?
2. How easily will households be able to access and complete the online information?
3. What is the cost of implementing, training, and maintaining the program?
4. How will records be retained?
5. What are the federal, state, and local laws regarding the use of electronic documents?
6. How easy will it be to make changes or updates to the online documents?
7. How will software or program updates affect the system?
8. What security procedures need to be in place to protect the system from equipment failures and accidental deletion, and maintain confidentiality?
9. What are the plans for retaining and dispersing information?
10. If the application can be completed electronically, is it set up so that required fields must be completed before the application can be submitted?
11. Who will have access to the documents?



## Money Matters

Erin Checketts—Specialist

With changes to school lunch just around the corner, employ some financial tips to help your school save money.

Control costs by having a budget and reviewing it often. Look for ways you can save money and reduce expenses. Take advantage of the USDA commodity program, and be sure to use your commodities to the full extent possible. Consider joining a purchasing co-op to maximize purchasing power and get larger quantities at lower prices.

In preparation for the new regulations, making a few small changes can go a long way. Update your cycle menus to serve less expensive, popular student choices more often. Be sure to follow standardized recipes precisely and serve portion sizes accordingly.



Consider using beans or legumes as meat alternate or vegetable choices. Try using canned or frozen fruits and vegetables more often. When purchasing fruit and veggies, be sure to buy what is in season. Also, look into getting produce from local farmers or start using the Department of Defense Fresh Fruit and Vegetable Program.

There are many resources available to help you save money. Choice Plus, which is available through NFSMI, can help develop product specifications for purchasing. "Budget Sense" is an online training available for viewing on CNP-U. And finally, one of the best resources is to ask for cost-saving strategies from your peers.

# 2010 Dietary Guidelines for Americans

Nicole Vance—Specialist

Every five years the U.S. Department of Agriculture and the U.S. Department of Health and Human Services publish an updated edition of the *Dietary Guidelines for Americans*, or DGAs. The 2010 edition was released on January 31, 2011.

This edition of the DGAs places a lot of focus on methods to reduce calorie consumption and increase physical activity in order to address the increasing rates of overweight and obesity in children and adults.

Twenty-three key recommendations in the 2010 DGAs are intended to address two over-arching concepts:

1. Maintain calorie balance over time to achieve and sustain a healthy weight.
2. Focus on consuming nutrient-dense foods and beverages.

Since the DGAs provide the basis for the school meals programs, the



recommendations in the 2010 DGAs are expected to be incorporated into the regulations for the National School Lunch Program. It's important to

become familiar with the recommendations so you can be on top of the changes that are heading our way!

The recommendations can be summarized in six simple tips:

1. Enjoy your food, but eat less.
2. Avoid oversized portions.
3. Make half your plate fruits and vegetables.
4. Switch to fat-free or low-fat (1%) milk.
5. Compare sodium levels in foods, and choose the food with lower numbers.
6. Drink water instead of sugary drinks.

You can read the 2010 DGAs at <http://www.dietaryguidelines.gov>.

## Commodities Update

Barbie Faust—Specialist

### Commodity Processing Workshop



Thursday, June 16, 2011  
Dixie Center, 1651 N. 700 W.  
St George, Utah 84790

The workshop will be prior to the SNAU Vendor Show in Exhibit Hall A.

8:00-10:00 a.m.: Commodity Processing Workshop—Food Service Directors and Supervisors only



### Red Pepper Hummus



- |                                |                       |
|--------------------------------|-----------------------|
| 6 lbs. garbanzo beans (USDA)   | 7 oz. minced garlic   |
| 1 lb. 5 oz. Tahini Paste       | 2-2/3 c. lime juice   |
| 32 oz. roasted red pepper      | 1/4 tsp. black pepper |
| 3 3/4 tsp. kosher salt         | 2 1/4 tsp. basil      |
| 1 1/4 tsp. crushed red peppers |                       |

Drain and rinse garbanzo beans. Process all ingredients in a food processor until smooth. Serve with vegetables, pita chips or tortilla chips. (Submitted by Grand District.)

## Summer Food Service Program 2011

### SFSP:

- ♦ Online SFSP Quiz due April 22, 2011.
- ♦ Don't forget to turn in your offline forms!
- ♦ SSO enter in CNPweb starting 4/11/11-4/22/11.
- ♦ Regular enter in CNPweb anytime, due 4/22/11.
- ♦ New sponsor information due 4/30/11.
- ♦ Don't forget to send highlights of your SFSP to the USOE!



Enter your 2012 agreements on CNP Web in April!

If you have questions, contact Dana Adams or Melissa Youngman.

**"Promote the nutritional well-being of the Utah public, with a focus on children, so they may reach their full potential."**



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## ***Black Bean Side Dish***

- 1 can (16 oz.) black beans
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1 Tbsp. chopped fresh cilantro
- ¼ tsp. cayenne pepper; salt to taste

In a medium saucepan, combine beans, onion, and garlic, and bring to a boil. Reduce heat to medium-low. Season with cilantro, cayenne, and salt. Simmer for 5 minutes, and serve.

***Works great as a side dish for Mexican  
or Cuban dishes!***

Mailing Label